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**BSIT – 2A**

**TOPIC:** Journaling

**TITLE:** Pages of Positivity: The transformative Effects of Journaling on Mind, Body and Spirit.

**I. Introduction**

* **Attention Grabber:**

Ladies and gentlemen,

Today, I stand before you to talk about an incredibly powerful tool that has the potential to transform our mental well-being. Raise your hand if 2020 (or any other year!) brought a whirlwind of anxieties. – sometimes our heads feel like overflowing filing cabinets, making sleep and focus impossible. Enter journaling**. “A journal is your completely unaltered voice.” – Lucy Dacus**

* **Thesis Statement:**

Journaling is a powerful tool and this transformative power is what I want to explore.

**II. Body**

* **A. What is Journaling?** 
  + **Define journaling:**

According to *Kelsey Herbers*. “Journaling is a personal development tool that involves writing down your thoughts and feelings so you can understand them better”. It is one of the most effective and widely available methods for improving oneself

* + **Different journaling styles:**

There are various styles of journaling that individuals can adopt based on their preferences and objectives. Now, let's delve into the diverse journaling styles available.

1. Bullet Journaling - Bullet diaries are something you've probably seen on social media, particularly Instagram. Bullet journals offer great customization and flexibility. They can be used to monitor your daily steps as well as your mood. It may be useful and effective to use but if you're a busy person. Bullet journaling may not work for you.
2. Gratitude Journaling - Here, you express your gratitude for various things. It helps to practice positive thinking, growing in self-awareness, and learning to appreciate life's small pleasures.
3. Art Journaling – I personally adore this kind of journal since it helps me to unleash my creativity and I can use stickers to conceal the things I don't want to write. If drawing isn't your thing, you can still use visual journaling by cutting and pasting pictures from magazines or stickers.

* **B. Benefits of Journaling**
* **Journaling:**
  + **Benefits in Female:**

The benefits of journaling are vast and unique. It gives lightness and changes to women. Studies by the blog post “the Lamare” have shown that journaling can be as effective as certain therapies in reducing stress and anxiety symptoms in women. As a woman that journals, it helps me a lot whenever I’m having a hard time. It's a safe place.

* + **Benefits in Male:**

Is journaling only for women? Journaling is also important for men; it has many benefits for them as well. The problem is, that when men are depressed, they tend to conceal their feelings. In all 15 of the countries included here, men commit suicide at higher rates than women. This is where journaling can be quite beneficial. Journaling is a safe place to offload everything without fear of being judge. Pennebaker quoted “By writing, you put some structure and organization to those anxious feelings. It helps you to get past them.”

* **Transformative Effects**:
  + **Body**:

Writing in a journal affects the body. As a result, there is a mind-body connection. to become more aware of physical sensations, which will result in better self-care routines and enhanced general health. While journaling primarily affects mental well-being, can also indirectly influence physical health and contribute to a healthier, more balanced lifestyle.

* + **Soul**:

By encouraging in-depth reflection, spiritual development, and a sense of connectedness to both the self and the outside world, journaling can have profoundly transformational impacts on the soul. By writing in our journals in a sincere, honest, and genuine manner, we may connect with our inner selves and embrace the soul beings that we are.

* **Goal Setting and Achievement:**

Journaling can turn dreams into goals! After brainstorming, use the SMART method to refine them: Specific, Measurable, Achievable, Relevant, and Time-bound. You have to write clear, detailed goals for smoother achievement. Realistic goals keep you motivated and avoid discouragement.

* **C. Getting Started with Journaling**

There are no rules in journal and there’s no right or wrong way to journal. You just have to choose on what kind of journaling that suits you. Ensure to have a comfortable time and place It doesn’t need any fancy equipment. All you need is pen and paper, you can also do it in a digital note-taking app.

**III. Conclusion**

**Call to Action:**

Now, are you ready to unlock this powerful tool? Grab a pen and open a notebook. Start small, write about anything that comes to mind, your dreams, your frustrations, anything. This is your space, are you ready to begin?

* **Closing Quote:**

Like Kathleen Adams quoted, “Your journal will stand as a chronicle of your growth, your hopes, your fears, your dreams, your ambitions, your sorrows, your serendipities.”